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A method of influencing a body has the steps of registering physical parameter biopotentials; transforming and processing of obtained data with calculation of a biosignal characteristic generalized parameter; transforming the biosignal characteristic generalized parameter on the basis of detected criterial correspondence into a control signal and forming an external sound effect; implementing the external sound effect in form of generation of musical sounds by a parametric variation tone, volume and duration thereof in criterial relation to variation of discrete current values of the characteristic generalized parameter of a frequency spectrum of the transformed biosignal; isolating from a register graphic information time intervals of identical duration and transforming the time intervals using Fourier harmonic analysis into a frequency spectrum; for each spectral interval determining a generalized dimensionless parameter; in a numerical interval between minimum and maximum values of spectral interval generalized dimensionless parameter, forming a proportional range of musical sound parameters; determining for each spectral interval by numerical value of its generalized dimensionless parameter, values of musical sound parameter and transforming the values; using a sound card; transforming the values of musical sound parameters, using a sound card into signals which

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are formed in a sequence appropriate to original recorded discrete current alternations of the time intervals.

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